Tuesday, August 6, 2013

TORONTO metro

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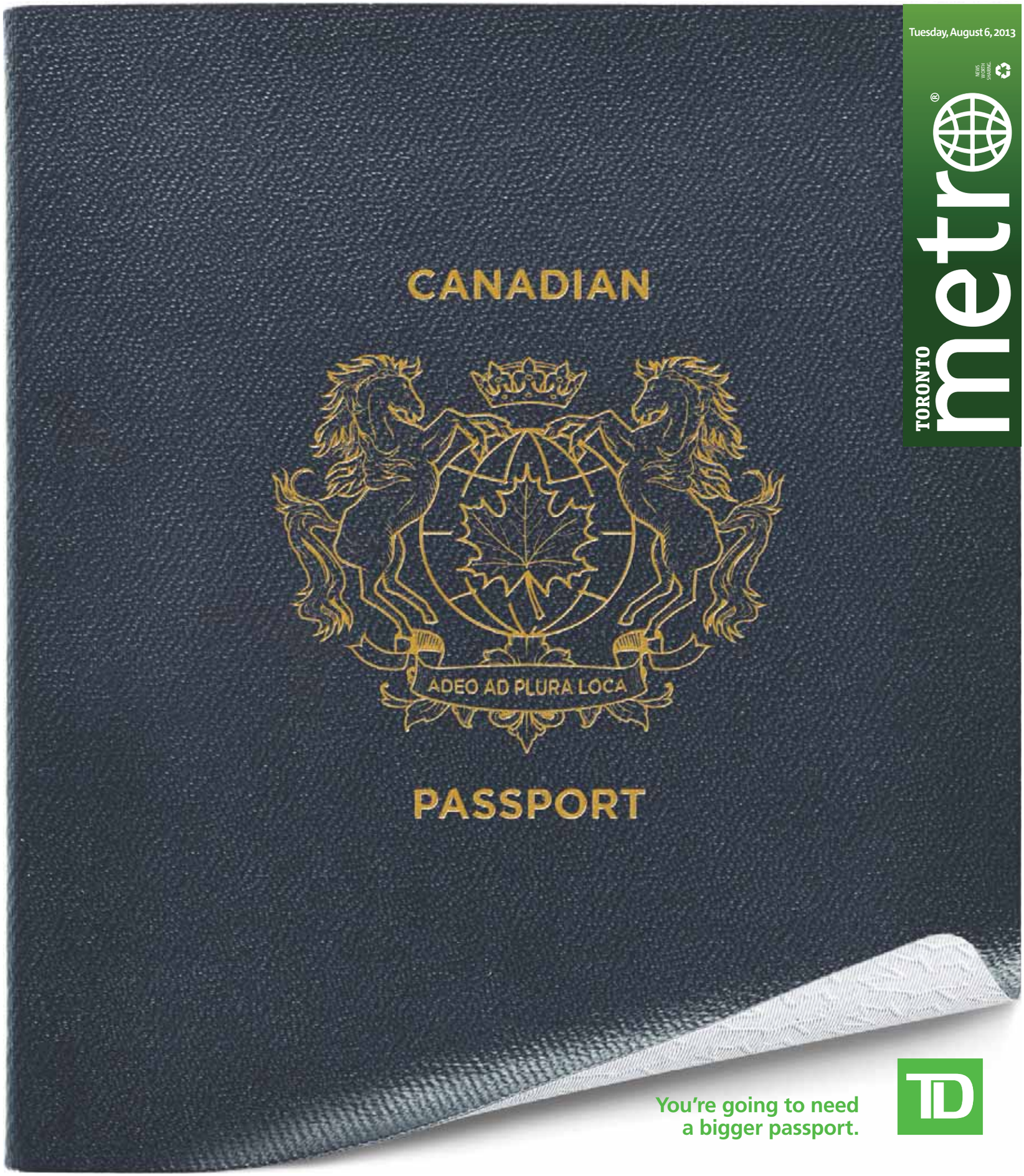

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DON'T COUNT A-ROD OUT YET

MLB HAS SUSPENDED ALEX RODRIGUEZ THROUGH 2014, BUT HE APPEARS FREE TO PLAY WHILE APPEALING THE DECISION

PAGE 22

Hmm ... needs more fat

A lab-grown burger's got the right texture but falls short on flavour, say volunteer tasters

PAGE 6

Toronto man charged over pipe bomb

The device was found in a car at the U.S.-Saskatchewan border, police say

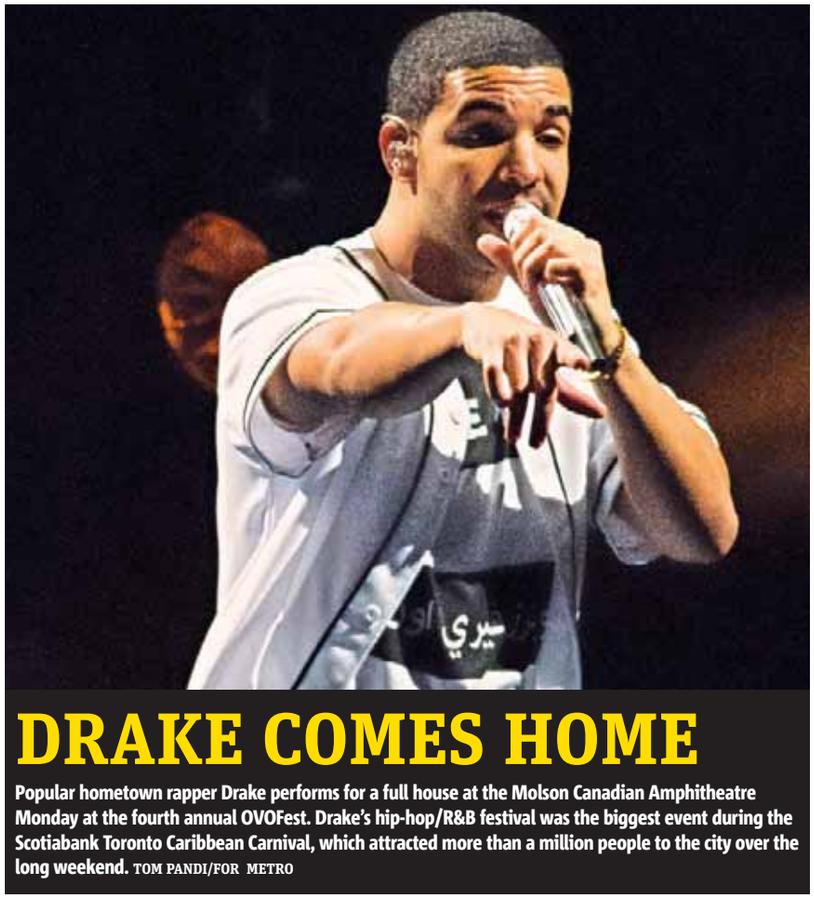
PAGE 3

Percy, put up your dukes

Demigods Percy Jackson and Annabeth are headed to the Bermuda Triangle to battle a Sea of Monsters

PAGE 14

NEWS WORTH SHARING.



DRAKE COMES HOME

Popular hometown rapper Drake performs for a full house at the Molson Canadian Amphitheatre Monday at the fourth annual OVOFest. Drake's hip-hop/R&B festival was the biggest event during the Scotiabank Toronto Caribbean Carnival, which attracted more than a million people to the city over the long weekend. TOM PANDI/FOR METRO

More scrutiny for complaints against police

Human rights. Provincial tribunal will now hear cases of alleged discrimination that have already been filed with another oversight body

Police forces across the province will no longer police themselves when it comes to public complaints of discrimination.

The Ontario Human Rights Tribunal says it will now hear cases of alleged police discrimination even if a similar complaint has already been dealt with by another oversight body — a factor that has usually disqualified a case for consideration.

Quoted

"The driving force behind me doing something like that is when I'm on the balcony and I see the kids outside — 14-year-old boys and girls — and they run when the police drive up.... When I step out now to go about my business, I realize I'm in the same position as those 14-year-olds."

Dave Ferguson, who launched a human-rights complaint against Toronto police

The ruling ends years of successful arguments by police lawyers that the tribunal should dismiss discrimination cases against officers that were originally filed with the Office of the Independent Police Review Director (OIPRD), usually the first avenue for public complaints. That body refers most police-conduct complaints back to the originating force for investigation.

The new ruling differentiates between the OIPRD and the tribunal, noting that the police complaint process can only result in discipline to the officer whereas a human-rights application could result in the police service being ordered to make systemic changes.

The decision means a number of human-rights applications, which have been held for years pending the decision, can now go forward.

TORSTAR NEWS SERVICE

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No more recording

Police board wants cops to track cyclist 'dooring'

The chair of the Toronto Police Services Board wants the force to track how many cyclists are "doored" by parked cars, a much-feared accident that police stopped recording last year.

In a report written after Torstar News Service published an article on the issue, board chair Alok Mukherjee questions why cyclists struck by open car doors are not recorded in the force's accident database.

Mukherjee's report will be presented at the board's next meeting on Aug. 13. Police will then have three months to report back to the board about the feasibility of tracking dooring.

In a city where bike lanes are vanishingly rare — they account for just 113 km of Toronto's 5,300-km road network, according to a recent Toronto Public Health study — the fear of an abruptly opened car door is ever-present for many cyclists.

Between 2007 and 2011, an average of 144 doorings per year were reported in Toronto. But police stopped tracking them in 2012 after new provincial guidelines defined a collision as involving a vehicle in "motion." A stationary car opening its door would therefore not count. TORSTAR NEWS SERVICE

Cyclists ride southbound on Jarvis. TORSTAR NEWS SERVICE

Serving up big numbers (of fans) at Rogers Cup

Eugenie Bouchard of Canada serves in her first-round doubles match during Rogers Cup women's tennis in Toronto on Monday. The 19-year-old Montrealer — ranked 58th — may have lost in doubles but is proving a huge draw for star-starved Canadian tennis fans; She's in the spotlight as much as the biggest names.

FRANK GUNN/THE CANADIAN PRESS

T.O. man charged after bomb found

En route. Pipe bomb discovered by inspectors at Sask. border crossing

ROSS ROMANIUK
ross.romaniuk@metronews.ca

A Toronto man is charged after a pipe bomb was found in his car by border staff and detonated by police on Sunday, as he tried to enter Saskatchewan at the North Portal crossing from the U.S.

Staff with the Canada Border Services Agency (CBSA) at the port of entry contacted RCMP about 3:30 p.m. after allegedly discovering the explosive device while examining some of the 21-year-old's possessions during a routine inspection.

"Our officers found a pipe bomb concealed in a bag in the trunk of his vehicle. From there, our CBSA officers secured a perimeter around the examination bay," Lisa White, Prairie region spokeswoman for the agency, told Metro from Calgary.

"That's where the device was controlled until the RCMP arrived," she added. "They controlled the pipe bomb and detonated it."

Border staff evacuated the inspection building where the suspect's 1999 Toyota was held, before an RCMP explosives unit arrived from Regina and removed the bomb and detonated it elsewhere shortly after 8:30 p.m.

Quoted

"It just looks like it was maybe a poor decision to create the device in the first place, and then maybe an inability to get rid of it safely — or not knowing how to get rid of it." RCMP Sgt. Darryl Milo

"Nobody's life or safety was put in harm," said RCMP Sgt. Darryl Milo of a detachment in nearby Estevan.

Mounties said CBSA staff had continued moving holiday-weekend traffic through the crossing before the detonation, using a lane farthest from where the car and explosive were held. The detonation disrupted traffic coming in from North Dakota for about 15 minutes.

Milo added that the man, who was travelling alone with the device "possibly to the Alberta area," had no apparent intention, "at any time," to use it and that neither terrorism nor organized crime are suspected in the incident.

"It was just a horrible mistake that he had made," Milo said.

Derek Joseph Formosa was taken into custody at the border and charged with making and possessing an explosive device.

Formosa is scheduled to appear in provincial court in Estevan on Tuesday morning.

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Dredging up the past to build Toronto's future

The Waterfront. Buried beneath evolving waterfront are reminders that this has always been an exercise in reclamation

David Kusturin motions excitedly to two tubes full of dirt in the tony downtown offices of Waterfront Toronto.

They represent the past and future of the waterfront lands. On the right, a core sample containing deep brown husks of long-abandoned dreams of industrial prosperity. On the left, layers of coal, rock and soil sifted out by a soil-recycling facility, ready to be deployed as fill for shiny new condo towers.

"Potentially across the waterfront there could be up to two million cubic metres of material excavated over the next 20 years," says Kusturin, the chief operating officer of Waterfront Toronto, after explaining how the plant separates good material from bad. "They can sell the product for use in backfill, for roads or for parks or the like."

Building on the waterfront presents unique challenges, says Kusturin, including a high water table, contaminants from the area's industrial past and occasional surprises, like the wharf discovered in June at 90 Harbour St., the site of a new condominium building.

"There are stories that when construction occurs on the waterfront, that people find all sorts of things, like the hulks of old vessels and bottles. At one point the central waterfront was the city's dumping ground — if you had a dead horse, you'd take it out there in the winter and leave it on the ice for the spring to come," said Michael Moir, archivist at York University and former archivist for the Toronto Harbour Commission (now known as the Toronto Port Authority).

The long-buried wharves, while interesting, have minimal historical value. The one at Harbour Street was removed indelicately by a large claw excavator.

"What they want to do is, for historical purposes, when they expose them — when they're excavated — they want to photograph them, survey them, understand what they were; then they'll remove them," said Kusturin. "They're history, but they're not historical." TORSTAR NEWS SERVICE

History lesson

How we got to now

Toronto's waterfront as we know it today is the result of successive plans involving geological engineering.

It started with private industries making land sporadically, when there was none to grab. It was completed with a grand design known as the Waterfront Plan of 1912, which is responsible for the shape of the modern shoreline, now well south of the old one at Front Street. The land is layered with old infrastructure, covered with upwards of 10 metres of dirt that was dredged from the bottom of Lake Ontario and spewed overtop wharves, abandoned ships and industrial refuse.

Around the start of the 20th century, land creation was motivated by a desire to turn Toronto into a major shipping port. The modern effort is an attempt to turn the lakeshore into a mixed-use "destination."

Taste of war for the long weekend

Soldiers fire their muskets on cue at Historic Fort York on Monday in celebration of Simcoe Day. Hundreds showed up to see how people of York lived in the past. Lt. Gov. David Onley inspected the troops and there was also a cannon-firing demonstration and a mock battle. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Caribbean fest to review safety after teen's death

Organizers of Toronto's Caribbean Carnival say they will scrutinize parade safety in their annual review, following the death of a young man on the weekend.

"We had a three-hour meeting this morning," said organizer Chris Alexander on Monday.

Alexander said festival personnel will undertake an extensive review of the three-week carnival, as is standard every year.

But he said added safety measures on the parade route — such as barriers or side guards on the floats — will be looked at seriously.

The discussion comes amid a police investigation into the death of an 18-year-old man at the parade. Police said Rueshad Grant was standing beside a float on Saturday night when he was run over by the vehicle.

Officials examined a video posted online that appears to show the immediate aftermath of the incident, with spectators yelling for the float to stop as it slowly starts moving after a brief pause.

Grant was rushed to hospital, where he was pronounced dead. THE CANADIAN PRESS

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LGBTQ attacks in Russia nothing new

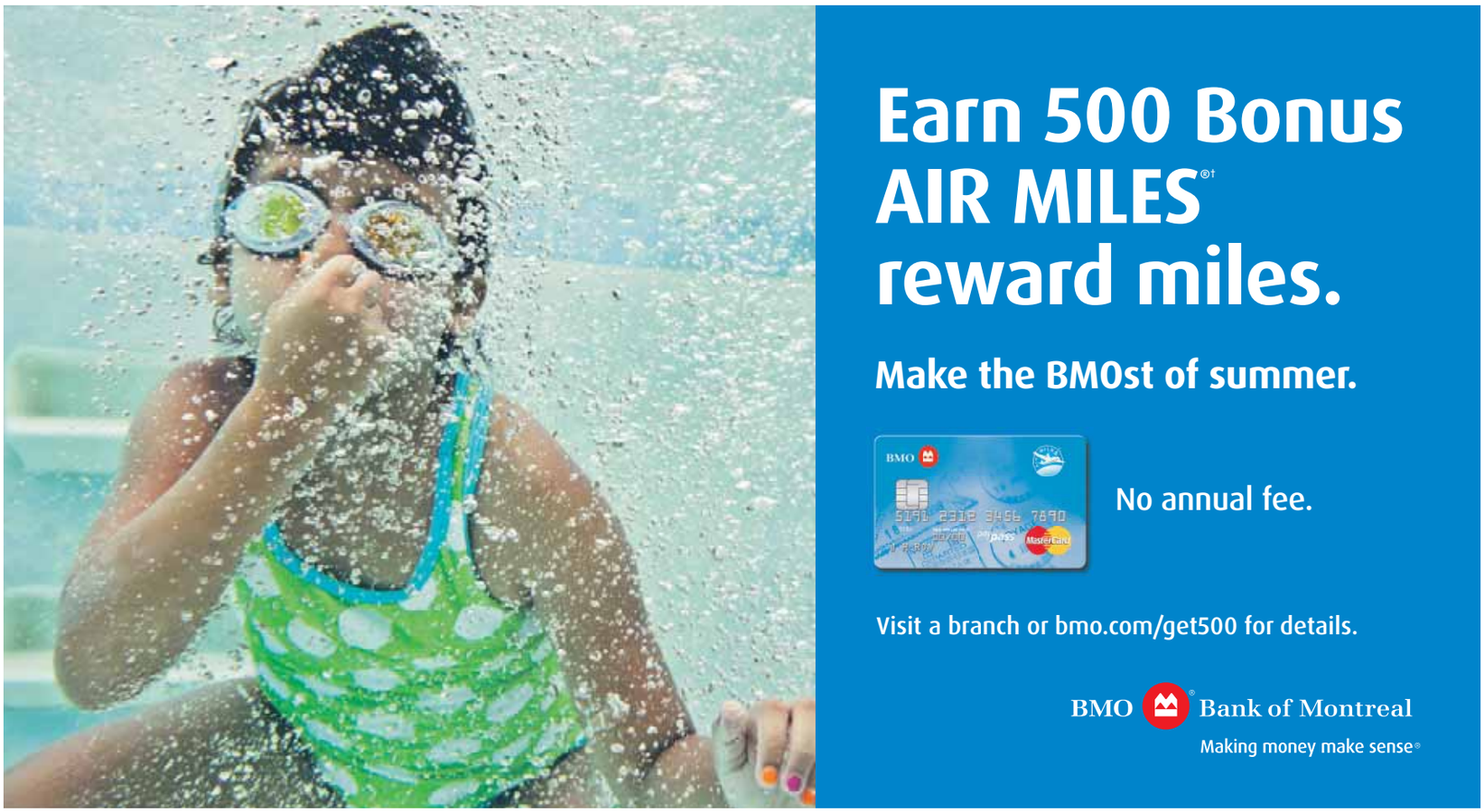
Violence. Canadian documentarian says aggression toward gays in Putin-led country is par for the course

A Canadian documentarian says the violence and fear recently seen at a gay pride parade in Russia is nothing new.

Ken Coolen, the filmmaker behind the 2009 documentary Beyond Gay: The Politics of Pride, followed the then-president of the Vancouver Pride Society to various international Pride events, including one in Moscow in 2008.

"When we were (filming) in Russia, the communication was very cryptic. It is believed that phones are tapped and communications are monitored. ... When we went to the planning meeting the day before Pride, we were told to go to a hotel and then we had to call again. The meeting was actually not at a hotel but at a private residence nearby. When we went there we were asked not to film much of the apartment and to mask some of the persons in the room for fear of retribution." JARED STORY/FOR METRO IN WINNIPEG

A man carries a photograph of Russian President Vladimir Putin while marching in the Vancouver Pride Parade Sunday. DARRYL DYCK/THE CANADIAN PRESS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New Brunswick. Two young boys killed in their sleep by python: RCMP

Two young boys were killed by a python snake as they slept in an apartment above an exotic pet store in northern New Brunswick, the RCMP said Monday.

Const. Jullie Rogers-Marsh said the boys, aged five and seven, were visiting the apartment of a friend above Reptile Ocean Inc. in Campbellton when the incident occurred.

Rogers-Marsh said police arrived at the apartment around 6:30 a.m., at which point officers found the two dead boys.

"It (the snake) had escaped its enclosure at the store sometime through the night, got into the ventilation system and into the upstairs apartment," said Rogers-Marsh. "It's believed the two boys were strangled by the snake."

She said the snake was later captured and was in the possession of police.

THE CANADIAN PRESS

Baby put up for sale

And you thought your breakup was nasty ...

A 22-year-old man angry with a woman he dated posted photos of her two-month-old daughter in a Craigslist ad and tried to sell the baby for $100, prosecutors said Monday.

Paul Marquez posted an ad entitled "baby for sale," prosecutors said. Marquez's posting acted as if he were the parent, said the baby loved to play, but was "really getting on my nerves." THE ASSOCIATED PRESS

Under investigation

Falling steel kills male pedestrian, 32, in Montreal

A huge slab of steel broke free from a front-end payloader in downtown Montreal on Monday, fatally slamming into a 32-year-old pedestrian.

"He was hit by a big metal plate, he was severely injured and he was quickly taken to hospital where he was pronounced dead shortly after his arrival," said Montreal police spokeswoman Anie Lemieux.

THE CANADIAN PRESS

Brazil. Petition calls for return of Chico the pet monkey to adoptive family

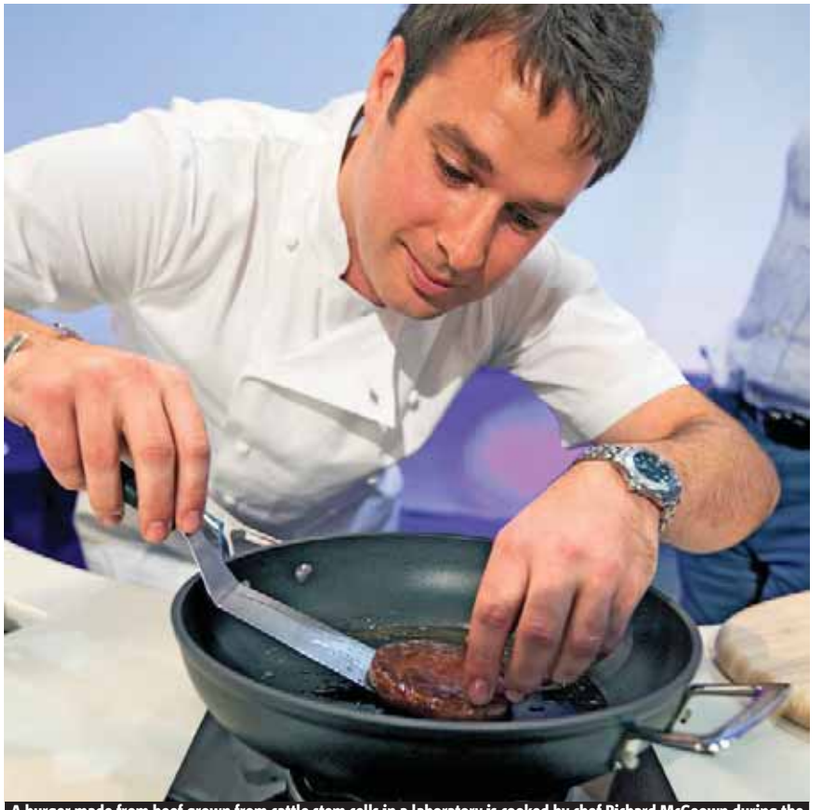
When two police officers tore little Chico from the arms of Elizete Carmona, they said it was for his own good. After all, 71-year-old women aren't meant to live with endangered tufted capuchin monkeys.

But the case has upset many in Brazil, where thousands of people have signed an online petition calling on Sao Paulo state environmental officials to return Chico to the only home he's known for the past 37 years.

It's illegal to keep wild animals as pets in Brazil, especially those classified as endangered on the International Union for the Conservation of Nature's Red List of threatened species, as the tufted capuchin monkey has been.

But the Carmona family contends Chico is completely domesticated and might not survive the stress of separation.

THE ASSOCIATED PRESS



A burger made from beef grown from cattle stem cells in a laboratory is cooked by chef Richard McGeown during the world's first public tasting event for the product held in London, England, on Monday. DAVID PARRY/PA/THE ASSOCIATED PRESS

Laboratory burger is a low-fat marvel but a low-flavour failure

Work in progress.
Scientist says flavour is an easy fix on the path to eco-friendly meat

They bit, they chewed but had hoped for more flavour.

Two volunteers in the first public frying of lab-grown hamburger in London, U.K., said Monday it had the right texture but was short on taste because of the lack of fat.

Mark Post, whose team at Maastricht University in the Netherlands developed the burger, hopes that making meat in labs could eventually help feed the world and fight climate change.

That goal is many years away, at best.

Sergey Brin, a co-founder of Google, appeared on a video shown at the event and announced that he funded the $330,000 project because of his concern for animal welfare.

Monday's taste test came after five years of research. Despite the tasters' concern about flavour, scientists say that can be tweaked.

"Taste is the least (important) problem since this could be controlled by letting some of the stem cells develop into fat cells," said Stig Omholt, director of biotechnology at the Norwegian University of Life Sciences. Adding fat to the burgers this way would probably be healthier than getting it from naturally chunky cows, said Omholt, who was not involved in the project.

THE ASSOCIATED PRESS

What? How? Why?

Scientists made the meat from the muscle cells of two cows. The cells were put into a nutrient solution to help them develop into muscle tissue, growing into small strands of meat.

- Experts say new methods are needed to satisfy growing carnivorous appetites without exhausting resources. By 2050, the Food and Agriculture Organization predicts global meat consumption will double as more people in developing countries can afford it. Raising animals for meat uses about 70 per cent of all agricultural land.

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One year later, Curiosity sets sights on lofty goal

Mars mission. Rover celebrates anniversary of its landing with a lonely birthday song

Mars Science Laboratory team member Miguel San Martin, left, celebrates with Adam Steltzner after the 2012 landing. DAMIAN DOVARGANES/THE ASSOCIATED PRESS FILE

Mount Sharp has beckoned Curiosity since the NASA rover arrived on Mars exactly a year ago.

If microbes ever existed on Mars, the mountain represents the best hope for preserving the chemical ingredients that are fundamental to all living things.

Curiosity recently pointed its wheels south, rolling toward the base of Mount Sharp in a journey that will last many months. It will drive across the rock-strewn landscape, dodging bumps and taking in the scenery.

Scientists have been eager for a peek of Mount Sharp since Curiosity, the size of a small SUV, touched down in an ancient crater near the Martian equator on the night of Aug. 5, 2012.

The world wondered whether Curiosity would nail its landing, which involved an acrobatic plunge through the thin atmosphere that ended with it being gently lowered to the ground with cables.

Once the euphoria of landing wore off, the nuclear-powered rover went to work, spending two months testing its instruments and systems.

To celebrate the landing anniversary, engineers commanded one of Curiosity's instruments to play "Happy Birthday" as the rover took a break from driving.

THE ASSOCIATED PRESS

One-ton swim

'Sink like a brick' no longer applies

Long-distance swimmer Jim Dreyer jumped into Lake St. Clair on Monday to begin a 35-km, 30-hour trek — all while hauling a ton of bricks.

Dreyer plans to come ashore on Tuesday afternoon in Detroit and finally beach his two dinghies filled with 334 bricks. THE ASSOCIATED PRESS

Attacked by bear

Dog dies trying to save its master

A 42-year-old man has been released from hospital after being attacked twice by a black bear while walking his two dogs in Sandbar Provincial Park on Saturday. Police say the Dryden, Ont., man was able to get away by running into a lake.

When the man tried to walk back to camp, the bear attacked again, at which point one of his schnauzers tried to fend off the bear. The dog later died of its injuries.

Police say the man made it to a park ranger station, where he was treated for non-life-threatening injuries before being taken to hospital.

Park officials caught the bear in a live trap on Monday.

THE CANADIAN PRESS, WITH FILES FROM THE CBC

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Hey baby — who are you wearing?

Royal sales boost.
Swaddle maker in New York is swamped after Prince George is pictured wearing its birdie product

It took 45 seconds, but that was enough. Newborn Prince George, carried from the hospital to the royal car, appeared in a cotton swaddle with tiny birds on it. Mums-to-be around the world wanted to know: Who are you wearing?

The answer shows what it is like when a small company gets swept into the maelstrom of attention that comes from touching the golden hem of the House of Windsor.

Once the photos of the swaddle hit the Internet, style bloggers and fashion writers identified the would-be king's new clothes as being from New York-based aden + anais. Within four hours of George's appearance, the firm's website crashed. The next day, it crashed again. In nine days, the company had 7,000 orders — a 600 per cent increase in sales on that item.

Prince George of Cambridge was photographed leaving the hospital with his tiny hands emerging from a cotton swaddle printed with little birds. Distinctive little birds. THE ASSOCIATED PRESS FILE

The company never even issued a press release. Anyone who wanted to know the manufacturer simply had to type "royal swaddle" into Google, and up it came.

Raegan Moya-Jones, the chief executive of aden + anais, was about to start a meeting when a colleague brought in the picture. She couldn't believe it. "I thought it was Photo-shopped," she said.

The company is still digging out from under a pile of orders for the swaddle, part of the Jungle Jam pack of four that in Britain costs 44.95 pounds (about $71). So just be prepared to wait if you want to similarly swaddle your little prince or princess. Jungle Jam is sold out for now in Britain and the United States.

Little George first appeared in a white crocheted blanket from G.H. Hurt & Son of Nottingham, England. They too are swamped with orders, after photographers zeroed in on the firm's label, blew it up and posted it online.

THE ASSOCIATED PRESS

Beauty products. Revlon buys Colomer for $660M

Revlon is buying Colomer Group, which sells hair dye and other products to beauty salons, for about $660 million US, saying the deal will help it reach new salon customers.

The transaction reunites Revlon with its former professional products division, which the beauty products company sold to CVC Capital Partners in 2000 for about $315 million US.

Spain's Colomer markets products under brands such as Revlon Professional hair care, which it currently licenses from Revlon Inc. It also sells shampoos, conditioners and other hair products to consumers under the Creme of Nature brand and also sells nail polish and body lotions.

Revlon sells Revlon and Almay makeup, Revlon ColorSilk hair dye and other beauty products. The New York company is looking to strengthen its sales outside the U.S. Like many consumer products companies, it has had to deal with the recession in Europe, which has hurt spending.

THE ASSOCIATED PRESS

Revlon announced Monday it is buying Colomer Group, which sells hair dye and other products to beauty salons. The deal was made with the aim to help the company reach new salon customers and cut costs. THE ASSOCIATED PRESS

Play D'oh

Simpsons to get its own Lego series

Want to build a new home for Homer or try out a new hairstyle for Marge?

Danish toy company Lego on Monday confirmed it will launch a special series next year, globally, that is themed on The Simpsons family. Lego spokesman Roar Rude Trangbaek wouldn't give any details about what characters would be included.

THE ASSOCIATED PRESS

Publishing

Amazon founder buys Washington Post for $250M

Amazon.com founder Jeff Bezos is buying The Washington Post and other newspapers for $250 million US. The longtime publisher, The Washington Post Co., announced the deal Monday.

Bezos is buying the paper as an individual. Amazon.com Inc. is not involved. THE ASSOCIATED PRESS

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A new iPad launch always piques consumer interest in the tablet category, researchers say. GETTY IMAGES FILE

Without a spring iPad launch, tablet shipments turn sluggish

Tech trends. Second-quarter figures are down nearly 10% from first 3 months of year

Worldwide shipments of tablet computers slowed down in the second quarter because Apple didn't release a new model of its trend-setting iPad, research firm IDC said Monday.

Shipments totalled 45.1 million units in the April-June period, down nearly 10 per cent from the first three months of the year. Still the second-quarter total is up nearly 60 per cent from a year ago, a sign that the market continues to grow.

"A new iPad launch always piques consumer interest in the tablet category and traditionally that has helped both Apple and its competitors," said Tom Mainelli, a research director at IDC. "With no new iPads, the market slowed for many vendors." THE ASSOCIATED PRESS

Fall launches

- Apple usually releases a new iPad in the spring, but has moved to fall launches to take advantage of the holiday shopping season.

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90 Biscayne Cres. Brampton

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FREE MORTGAGE REDUCTION 2pm-3pm
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Hilton Hotel Ajax
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tico.ca

MOVING BACK HOME IS NOT SO YUCKIE

SHE SAYS

Jessica Napier
metronews.ca

Hunched over a pile of boxes in my living room this weekend, I was struck by the fact that in the past five years I have moved five times. This might seem extreme, but renting in the city in your 20s can be a transient time, and living arrangements never seem more than temporary.

One of those relocation destinations — somewhere between finishing grad school and becoming gainfully employed — was back home with my mother and father. Undesirable as it seemed at the time, I'm glad I made the move. It was a period of joblessness and uncertainty; if I had decided to nosedive into debt in the name of "independence," it would have been a foolish mistake. Still, I'm glad it's over.

Today there are a record number of adult children living with their parents. In the United States, a Pew Research Center study released last week shows that a startling 36 per cent of Americans aged 18 to 31 are living under the same roof as Mom and Dad.

When adult children move back in with their parents, it can be a difficult adjustment for both parties. Empty-nesters are suddenly burdened with financial strain from freeloading offspring — only about 35 per cent of millennials living with their parents actually pay rent — while disenchanted boomerang kids experience a sense of failure as they return to their childhood bedrooms after years of independence.

Pop-sociologists have developed a particularly harsh acronym for this demographic: YUCKIES, or Young Unwitting Costly Kids — a generation of unemployed young adults who are capitalizing on free room and board back home and draining their parents' retirement savings in the process.

At certain life junctures — graduations, breakups, babies — many of us will rely on our parents to act as a safety net. Navigating the uncertain terrain of adulthood is challenging, and while moving back home can make you feel as if you're sliding backwards it doesn't have to be that way.

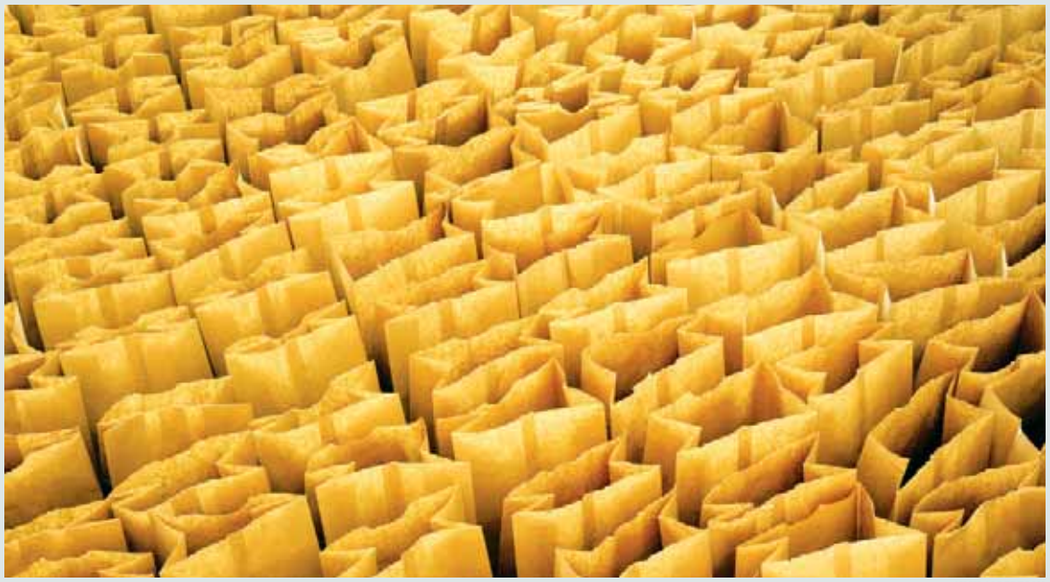
When I returned to my parents' house at 24, I had to resist the urge to fall back into familiar childhood routines and work on cohabiting in a mature dynamic. I learned a lot about my family and myself, and I developed a new appreciation for my parents as interesting adults, not just Mom and Dad. As counterintuitive as it might seem, in a lot of ways moving back home helped me grow up.

There is always a way to make the most of a situation, even when you might think your living arrangements are less than ideal. So if you ever find yourself making the move back in with your parents, try to focus on progression, not regression. Approach the situation with optimism and gratitude, rather than bitterness, and you'll find it can be a valuable — not to mention budget-friendly — experience. Just don't get *too* comfortable.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Here's something you do see every day



NICK ALBERTSON

Everyday objects that escape the ordinary

Nick Albertson proves that beauty can be found even in the most uninteresting things. The Chicago-based artist and photographer, 29, arranges mass-produced objects — such as paper bags, rubber bands and sandwich bags — into clever patterns and photographs them to look like abstract art.

Q&A

Old meanings stripped

What is the idea behind your photographs?

NICK ALBERTSON
Artist and photographer, 29, based in Chicago

I strip utilitarian objects of their functions, repurposing them to create visceral experiences. This esthetic references abstract paintings by stripping away meanings and distilling what I was interested in.

What are you interested in?

I hope that the viewer can get lost and enveloped in these photographs. I like the tension that the images have between being beautiful and referencing high art forms, and being made quite literally of throwaway materials.

You'd think that with an infinite number of everyday objects, it would be easy to produce a stylish artwork, but I actually struggle to find new things to use. I look for very minimal objects (no logos, nothing that will be a headache to light or manipulate) and many times I'll start and then scrap it.

What objects work for you then?

Anything you can buy in bulk. Something like a can opener is an everyday object but would not work for my project. You cannot just buy one rubber band — you have to buy a whole bag of them. METRO WORLD NEWS

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Last year it was waving bears; this year it's dancing bears. With members of the ursidae family well out of hibernation, there's been no shortage of bears being broadcast online. Explore's live bear-and-salmon cam has been a Clickbait favourite since Day One, but other bear parties have stepped onto the stage.

What Goes On When You're Not There:

This time-lapse video uploaded by Alberta Parks shows exactly what the mammals get up to when we pesky humans aren't around — and it's party. They really like to party.

Bearjacked:

Further proof of their party-animal nature, this bear gets on its hind legs, opens a truck door and tries to jack whatever's inside (presumably beer).

Polite Bear Waves Hello:

In case you missed it the first time

around, Polite Bear gets funnier with each view. Watch as the nicest bear in the world waves back while a friendly tourist drives by waving, with an enthusiasm only possible for those still in their single-digit years.

Twitter

@metropicks asked: A woman survived for 12 days in the bush thanks to Man vs. Wild. What show will save your life one day?

@InfernoMoon: Game of Thrones — it has taught me that I can either win or die

@midnightchicken: walking dead. Poops going to hit the fan and I'll know what to do.

@realmikemaj: if she had watched Survivorman she would have done better. I'm surprised man vs wild didn't get her killed

@Ophiura: Gilligan's Island. Everything I need to know to remain lost on a tropical island w/ head hunters, KGB and more!

@VulgarViking: Watching Jersey Shore saved my life. I now know every STD and its treatment thanks to the dirty cast!

@BlairLangille: Fear Factor has taught me if I ever find myself in a box of scorpions, crying hysterically will keep me alive.

@thepolishviking: "Cosby Show" ...in case I'm a parent some day I'll know that a loud sweater amplifies parental skills.

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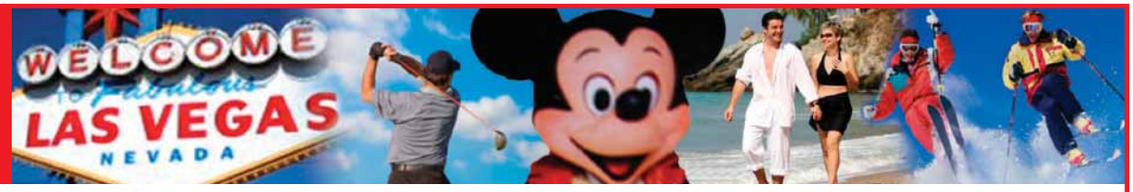

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DVD reviews

The Place Beyond the Pines

Director. Derek Cianfrance

Stars. Ryan Gosling, Eva Mendes, Bradley Cooper

●●●●○

The highways savagely twist and turn around Schenectady, N.Y., the blue-collar setting for The Place Beyond the Pines — but they're nothing compared to the human road map that is Luke (Ryan Gosling). A motorcycle stunt rider for a circus, he's covered in tattoos. Introduced by a long tracking shot that concludes with a dangerous whirl inside a spherical cage; he's a man going nowhere in a hurry. Roads and tattoos make apt metaphors for this entangled drama by Derek Cianfrance (Blue Valentine), that also takes in complicated characters played by Bradley Cooper and Ray Liotta. Actually three interlocking stories in one, The Place Beyond the Pines flirts with exhaustion and threatens credulity with its extreme generational conflicts and use of coincidence. Cianfrance and his sterling cast keep it all together, vanquishing doubt and soap suds.

PETER HOWELL

Percy Jackson: Sea of Monsters opens on Wednesday. CONTRIBUTED

Taking arms against a Sea of Monsters

Percy Jackson. Actress Alexandra Daddario says franchise celebrates that special thing inside of us that makes us strong

STEVE GOW
scene@metronews.ca

When the bulky-dubbed adventure flick Percy Jackson and the Olympians: The Lightening Thief hit theatres three years ago, star Alexandra Daddario was "hopefully confident" the book-turned-blockbuster would see a sequel.

"Percy Jackson was my first big movie and I was sort of unaware of the box office and what it meant and what (the producers) were expecting and that kind of thing," said the 27-year-old New York actress. "Everybody hopes it does well, obviously, but I think it has a great built-in audience."

Based on author Rick Riordan's bestselling adventures about a seemingly troubled teen that possesses incredible abilities and powers, the 2010 cinematic introduction slightly stumbled out of the gate domestically but eventually earned more than $225 million worldwide. That would surely be enough to convince all involved to return with the sequel Percy Jackson: Sea of Monsters — which opens this Wednesday.

Based on the second book in the five-novel series, the fantasy thriller casts Greek demigods Percy Jackson (Logan Lerman) and Annabeth (Daddario) into the mysterious Bermuda Triangle to seek a magical artifact with incredible healing power in order to save their home.

"I think the books and the films (have) the same common themes," said Daddario about the franchise's immense popularity. "It's great to be part of something that inspires kids. I think the great thing about the book and about the films is that no matter who you are and what your problems are — you (may) not literally be a god or find out that you have literal powers — but there is something stronger inside of you; that makes you really special, wonderful and strong. I think that's inspiring for kids and that's the message of the books and the film."

Quoted

"It's great to be part of something that inspires kids."

Alexandra Daddario, star of Percy Jackson: Sea of Monsters

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Of cheesy Chads, messed-with Mileys and much-too-famous felines

STARGAZING
Malene Arpe
scene@metronews.ca

Chad Kroeger says he wants to stay in the honeymoon stage with Avril Lavigne "until the day I die." He also wants a puppy that never grows up, a bouquet of everlasting roses and a pair of perpetually shiny shoes.

Jennifer Aniston says she and Justin Theroux "already feel married." "Is it like an always fresh, bottomless barrel of perfect apples?" asks Chad Kroeger.

Miley Cyrus tweets she just watched P.S. I Love You and then promptly deletes the tweet, claiming her account was hacked. It's nice to see she's finally learning to make good choices. **There is now a line of Grumpy Cat coffee called Grumppuccino.** That's clever, but I might have gone for Squeezing Cat For Money Coffee-Flavoured Beverage.

Kim Kardashian is reportedly working with her mother planning how to leave the house she's been hiding in since giving birth so that her re-entry into the world will not interfere with her sister Kylie's Sweet Sixteen party. Consider that next time you're complaining about getting laid off and not being able to pay rent, you miserable whiner.

Lindsay Lohan has reportedly made a list of some 80 friends that she considers "toxic" and will no longer associate with. Don't worry, though. They're all living at Justin Bieber's house now, so they'll be just fine.

Gwyneth Paltrow admits that her doing a master cleanse lead to powerful hallucinations. That finally explains the $695 peasant dress for sale on her website.

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Don't lag on these poses

Lisa Sanfilippo, known for smart bio-mechanical alignment yoga, gives some tips for before and after your flight to avoid jet lag

ROMINA MCGUINNESS

Standing big toe extension

Start by standing with feet together and hands by your sides. Bend your right knee and clasp your big toe with your right thumb, index and middle fingers. Place your left hand on your hip for support. Relax your shoulders and begin to extend your right leg straight out in front of you. Extend your leg as far as you can without losing your grip or straining your shoulders (you can bend your knee). Keep your hips level and lift your chest tall while gazing slightly past your lifted big toe. Keep the leg you're standing on straight. Hold for up to 30 seconds. Repeat on the opposite side.

Headstand

Begin on all fours. Interlace all of your fingers, tucking your bottom pinkie finger in so it rests in front of your other pinkie finger. Keep your fingers laced and put your hands down on the mat, keeping your wrists firm. Place the crown of your head directly behind the heels of your hands, but do not hold your head. Curl your toes under, lift your knees up, and walk your knees in toward your face. Bring one knee to your chest and lightly hop with the other foot to bring that leg onto the same position. Straighten your legs up toward the ceiling. Hold for up to 10 seconds. Come down with an exhalation, without losing the lift of the shoulder blades and with both feet touching the floor at the same time.

Wild thing

Begin in downward facing dog. Lift the right leg up into the air and rotate your hip open as you bend your knee. Pivot toward the outside edge of your left foot as you spiral your chest and pelvis to face the ceiling. Drop your right foot onto the floor behind you, landing on your foot or just the ball of your foot for a deeper bend. Arch your chest and lift your right arm up. Extend it forward, with its inner side turning toward the floor. Lift your hips and let your head hang. Hold for up to 30 seconds. Return to downward facing dog and repeat on the opposite side.

Dolphin

Begin on all fours. Place your forearms on the mat, shoulder-width apart. Curl your toes under and lift your hips up. Straighten your legs and walk as far as you can toward your hands, keeping your shoulders directly over your elbows. Relax your neck and gaze just slightly forward.

"This brings circulation down into the front of the chest and wakes up the arms and the shoulders," Sanfilippo said.

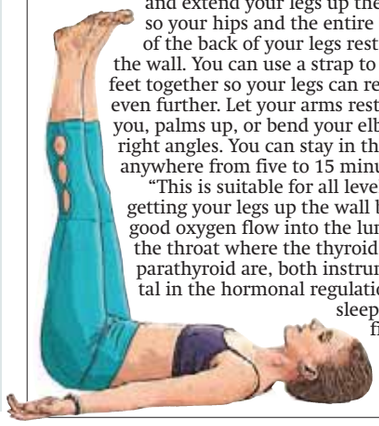
Camel

Begin by kneeling with your knees and feet hip-width apart and the tops of your feet flat on the floor. Keep your pelvis over your knees, your tailbone down, and your lower belly lifted. Bring your hands to your heart in the prayer position, roll your shoulders back and hug your elbows in. Curl your chest open by kneeling back, but keep your hips over your knees. When you can't curl your chest back any further, release your arms and grab your heels (you can also curl your toes under and touch them with your fingertips). Hold for up to 30 seconds.

Legs up the wall

Begin seated, perpendicular to a wall. Bend your knees and lie back on the floor. Pivot your torso and extend your legs up the wall so your hips and the entire length of the back of your legs rest against the wall. You can use a strap to tie your feet together so your legs can relax even further. Let your arms rest next to you, palms up, or bend your elbows at right angles. You can stay in this pose anywhere from five to 15 minutes.

"This is suitable for all levels. Just getting your legs up the wall brings good oxygen flow into the lungs, into the throat where the thyroid and the parathyroid are, both instrumental in the hormonal regulation of sleep," Sanfilippo said.



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Massages are not just for reducing stress. ISTOCK PHOTOS

Get the rub on what medical massages bring to the table

Health. Boris Prilutsky, a massage therapist, gives Metro a hands on look at how treatment can cure a number of ailments

Sure, a massage is a great way to relax and enjoy some tranquility — but could it also boost your health? It can, says Boris Prilutsky, a massage therapist who has studied massage's health benefits for more than four decades.

Medical massages are a little different from therapeutic massages, and Prilutsky says that they work wonders.

There are "more than 60 scientifically developed and clinically proven hands-on protocols" to improve back, neck and leg disorders.

That's on top of the massage's ability to reduce stress and anxiety. We wanted to know more from the massage maestro.

How did you discover that medical massage could improve one's health?
During my career I have provided thousands of treatments for people who have suffered from sports-related injuries, chronic musculoskeletal disorders, tension headaches, anxieties, etc. At least 80 per cent of the cases had successful outcomes and sometimes I have been able to prevent surgery and/or corticosteroid injections.

How is the technique of a medical massage different from a therapeutic massage?
Medical massage procedures are scientifically developed step-by-step protocols. The therapist must dedicate 50 per cent of the procedure time to kneading techniques, trigger-point therapy techniques, compressions techniques.

Do patients have control over whether they like a firmer or softer approach?
When receiving medical massage, patients have no real control to a firmer or softer approach. However, when applying initial pressure we request feedback if there is not enough pressure.

Who performs medical massage, doctors or therapists?
Licensed massage therapists who are trained how to perform protocols of medical massage can practise this methodology.

METRO

Teeth. What you should eat if you want to have a whiter, brighter smile

All the various teeth whitening strips, procedures and pastes you spend your money on in order to have the perfect smile aren't going to do a thing if you continue to guzzle red wine. Dr. Timothy Chase, a renowned cosmetic dentist and a practising partner at SmilesNY, tells us about the foods we should eat to help get our teeth pearly white.

Do's
Certain foods help to remove bacteria that cause plaque, which hardens into a yellowish tartar if not brushed away soon enough. Crunchy fruits and vegetables work best because they function as a scrub for your teeth. They also stimulate the production of saliva, which helps to keep plaque from forming. Strawberries and oranges are both useful for polishing teeth.

Dairy products such as yogurt, milk and cheese contain a lactic acid which may help protect teeth against decay. Hard cheeses are best for whitening since they help remove food particles as well.

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Lentil Feta Salad: To add shrimp or not? It's up to you

Lentil Feta Salad with Lemon Dressing and Grilled Shrimp

This salad serves six. ROSE REISMAN

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

If you prefer, you can buy canned lentils and forget about the cooking, but I always find that cooking your own produces a better flavour and texture.

This is a great vegetarian dish on its own without the shrimp or served as a side dish to any entrée

1. In a saucepan, combine the stock and lentils. Bring to a boil. Reduce the heat to a simmer, cover and cook just until tender, about 20 to 25 minutes. Do not overcook. Drain any excess liquid. Cool to room temperature.

2. Sauté or grill tiger shrimp for about 5 minutes or just until cooked.

3. In a large bowl, stir together the cooked lentils, red pepper, green onion, parsley, red onion, olive oil, lemon juice, vinegar, garlic, mustard, salt, pepper and feta. Toss together before serving, and garnish each plate with one shrimp.

Ingredients

- 2 1/2 cups vegetable stock
- 3/4 cup dried green lentils
- 6 large tiger shrimp (peeled and cleaned) (optional)
- 3/4 cup diced red bell pepper
- 1/3 cup chopped green onions
- 1/3 cup chopped fresh parsley
- 1/4 cup diced red onion
- 2 tbsp olive oil
- 3 tbsp freshly squeezed lemon juice
- 2 tsp balsamic vinegar
- 1 1/2 tsp minced garlic
- 1 tsp Dijon mustard
- 1/8 tsp salt
- 1/8 tsp ground black pepper
- 1/2 cup diced light (30% reduced) feta cheese (1 1/2 oz/45 g)

Health Solutions

Catfish got your tongue?

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You simply must eat more fish. The evidence is mounting that the omega 3's from fish is preventative of everything from heart disease to breast cancer.

But if we all listened to this sage advice we'd risk overfishing, which is becoming a big problem as oceans and lakes are unable to keep up with the burden of commercial fishing operations.

Farming makes very good sense ecologically, but, not all farmed fish are created equal. It can and must be done properly — in terms of the environment and from a health and food safety perspective.

Look for a farmed fish that has the endorsement of watchdogs like: Monterey Bay Aquarium, Ocean Wise, SeaChoice, the Audubon Society, the World Wildlife Fund or others.

Some of the sustainable practices that are showing promise:

1. Top-feeding the fish means they stay on the surface and their diet can be monitored rather than mucking around the bottom.

2. Careful attention to food. Fish meal can be contaminated. Some species are fed land grains to prevent this.

3. No antibiotics, dyes or hormones were used.

4. Conversion rates are high, which means that the fish put on weight fast and are more efficiently able to use the small amount of feed that they get. This means there is much less fish food wasted.

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For some, posting wedding pics is an iDon't

Unplugged. Put away the phones and watch us, wedding couples are urging

ALISON BOWEN
Metro World News in New York City

You're at a wedding, inching above the other guests to capture that perfect shot of the bride.

You snap the pic on your iPhone, but it's blurry, and other phones dot the image. Not your best work, and you weren't really paying attention when the bride appeared.

This type of cellphone invasion is leading couples to take away — or at least gently suggest putting away — phones at weddings.

"Unplugged" weddings used to be the norm for celebrity weddings, event planners say.

Celebs who don't want pictures or details leaking out about their big days would post valets to check guests' phones, says Michael Russo, an event planner who works with celebrity weddings.

"This used to be a celebrity thing," adds event planner Sarah Pease. "Now it's an everyday thing."

A recent David's Bridal survey found that 52 per cent of people said the couple should be first to post a picture online.

Recent bride Jennifer Edwards banned phones at her ceremony.

"We were constantly noticing people watching the entire ceremony through a small screen on their cellphone," she says. "I absolutely did not want to pay an outrageous amount of money for professional photographers just to have all my wedding photos on Facebook seconds after we said 'I do.'"

Other times, brides and grooms don't want guests tapping at phones at a wedding, whether texting or tweeting.

"People want their guests to be engaged, and they want them to be having a good time and be present in the moment," Russo says.

Pease says she's seen well-meaning relatives actually block the professional photographer as they creep in the aisle to take photos on an iPad.

To alert guests, some post a sign at the door, and others will put a note in the program, Pease says. Others will ask the priest or officiant to make an announcement.

But even with all the messaging, sometimes people still can't give up phones, Russo says.

"It's so funny, because at weddings it's typically dim, so you can see the people on their phones because their faces are completely illuminated — and it's not from candlelight, that's for sure," he says.

The flip side

Some couples love social media at weddings, even creating a hashtag for all guests to use and placing it somewhere guests can see. Planner Maya Kalman says hosts want people to post photos in a certain way so that everyone can see them right away.

"People have specifically made signs and ask guests to post all of their pictures to a certain Instagram," she says.

In Boston, Paula Marrero at Marrero Events said one couple even created an app especially to share wedding pics.

Take a picture — it'll last longer! ISTOCK IMAGES

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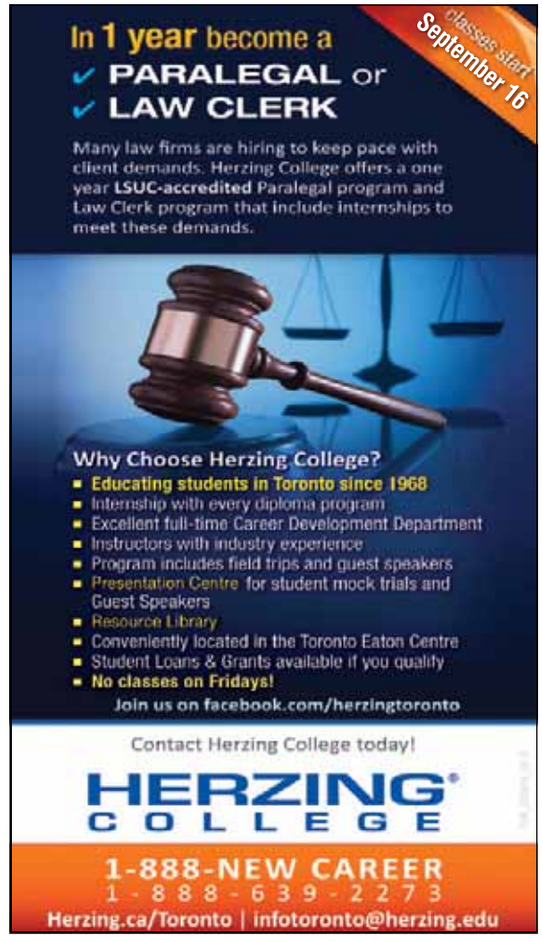
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Best financial strategy? Go simple

YOUR MONEY
Alison Griffiths
money@metronews.ca

I just spent a relaxing week on Vancouver Island, inhaling the clean air and savouring a glorious view of ocean and mountain.

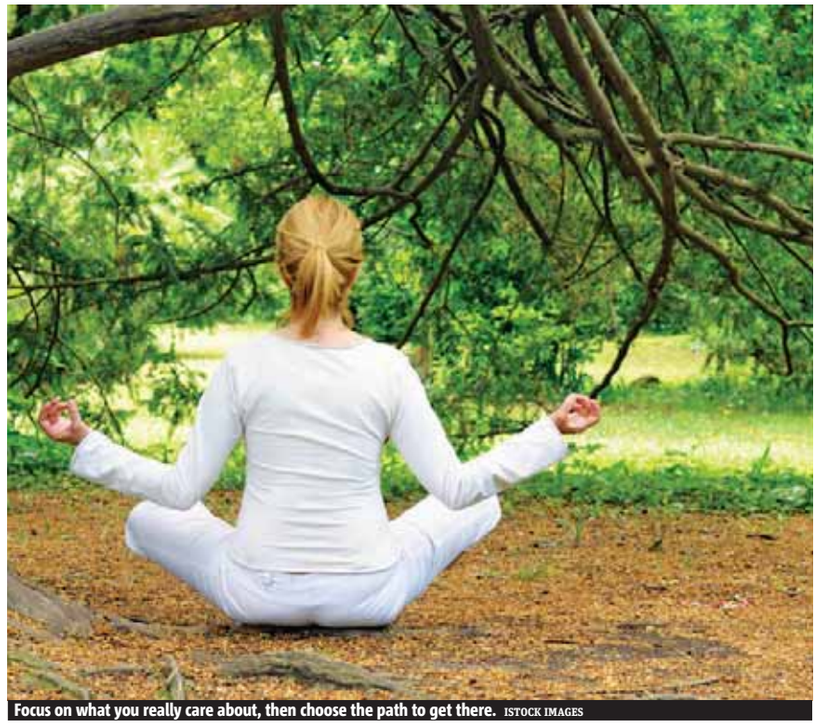
While there I was struck by the burgeoning west coast culture of simplicity that pervades everything from food to hobbies, houses and even art.

Simplicity is directly connected to healthier finances. Hiking and biking is cheaper than a gym membership and a personal trainer.

Indulging your inner cook at home pays off hugely compared to take-out and eating out. Unfortunately, so much written about improving your finances feels negative — cut out this, reduce that.

In contrast, aiming for simplicity is positive.

Focus on what you really care about, then choose a path to get there. If you do, you'll avoid spending money on a bunch of stuff you don't really want or need.



Focus on what you really care about, then choose the path to get there. ISTOCK IMAGES

My husband's 97-year-old godmother, who we visit in Victoria every year, long ago perfected this attitude to life. She thinks long and hard about what she wants and doesn't hesitate to spend money once a decision is made.

About five years ago she decided to enlarge and cover her patio in order to enjoy the garden during inclement weather. She paid $5,000 during the housing/renovation boom.

"My friends gave me what-for about it," she explains with a laugh, "but I told them I wanted it now and I wanted to enjoy it for as long as possible."

She also considered replacing her carpet with linoleum to make it easier to navigate with a walker. But, the deck and garden won out.

This smart lady thought about what she wanted, spent time debating her choices, picked something she could afford and felt wonderful about spending the money.

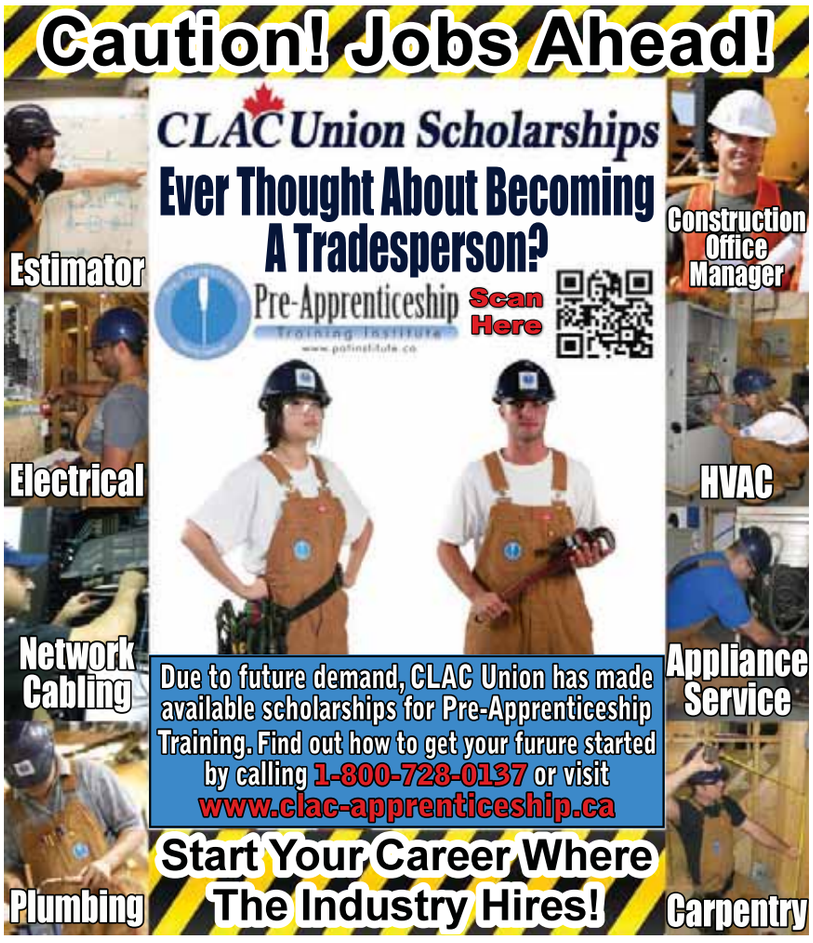
Try taking this approach into the clothes closet. It may seem easier to go out and buy something, rather than mine what exists. But half a day spent combining outfits and reacquainting yourself with things not worn for a long time is actually the heart and soul of simplicity.

And it is a calmer, cheaper and more satisfying way to find something new to wear.

The route to financial simplicity is simple. First decide what's truly important to you (regardless of whether it is a need or want) then take time to come up with the best and simplest way to get there.

Often you'll find it's the least expensive too.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



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If you're unhappy and you know it, you're a grad?

A degree of dissatisfaction. Study indicates that post-secondary grads aren't as content with careers as unschooled peers

VICKI SALEMI
Metro World News

If you're a university or college graduate and unhappy at work, you're not alone. In fact, you're outpacing your peers without degrees in the disengagement category, per a new study conducted by Gallup.

According to the study, which surveyed 150,000 adults at various ages, post-secondary graduates whose highest educational attainment is a bachelor's degree say they're less engaged at the office (emotionally disconnected from work and the workplace) than peers who completed some or no post-secondary at all.

The numbers tell all: Fifty-five per cent of graduates are not engaged, whereas people who finished some college edged in slightly lower at 50.2 per cent. This is in comparison to the 48.2 per cent of workers whose schooling ended at high school.

Not all occupations are created equal: The highest engagement for post-secondary grads was in managerial and executive roles, while transportation workers were the least engaged.

Are you feeling a little depressed at your desk? ISTOCK

So what gives? Is there a breakdown in higher education or the transition from backpack to briefcase? Can the numbers be attributed to half of recent graduates working in jobs that don't require a degree, as a 2012 Gallup/Lumina Foundation poll found?

Perhaps grads' expectations fall flat or there is something broken with the process. Gallup certainly thinks so.

Brandon Busteed, head of Gallup Education states in a press release, "This is not a statement about liberal arts, it's not a statement about community college, it's literally about higher education in general — there's something about the process and the experience that is preventing graduates from getting to a place where they're doing what they're best at."

Can hobbies make you happier?

Another theory on the study findings reflects upon the state of the job market

- Richard Mendelson, Ph.D. of Dynamic IO Consultants, explains that this may be a sign of the times. "Individuals can very quickly become caught up in working in a field or position that does not make them happy in order to earn a livable wage or to develop their experience in order to grow as a professional."
- His advice to boost happiness? Get a hobby and participate in activities for enjoyment after work. He says this will lead to a more balanced approach to life and helps in "making time spent at work more bearable." It will also help people to feel that "work is not the end-all and be-all of who they are."

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SPORTS 4

A-Rod refuses to accept PED penalty

Dope boys. Yankee star slapped with lengthiest of several suspensions in wake of Biogenesis scandal

Defiant till the end, Alex Rodriguez is intent on evading baseball's most sweeping punishment since the Black Sox scandal.

Rodriguez was suspended through 2014 and all-stars Nelson Cruz, Jhonny Peralta and Everth Cabrera were banned 50 games apiece Monday when Major League Baseball disciplined 13 players for their relationship to Biogenesis of America, a Florida anti-aging clinic accused of distributing banned performance-enhancing drugs.

The harshest penalty was reserved for Rodriguez, the New York Yankees slugger, a three-time MVP and baseball's highest-paid star. He said he will appeal his suspension, which covers 211 games, by Thursday's deadline. And since arbitrator Fredric Horowitz isn't expected to rule until November or December at the earliest, Rodriguez was free to make his season debut Monday night and play the rest of this year.

Sidelined since hip surgery in January, Rodriguez rejoined the Yankees five hours after the suspension in a series opener at the Chicago White Sox.

"The last seven months has been a nightmare, has been probably the worst time of my life for sure," Rodriguez said.

The other 12 players agreed to their 50-game penalties before they were announced, giving them a chance to return for the playoffs.

Ryan Braun's 65-game suspension last month and previous penalties bring to 18 the total number of players sanctioned for their connection with Biogenesis.

A-Rod's drug penalty was for "his use and possession of numerous forms of prohibited performance-enhancing substances, including testosterone and human growth hormone over the course of multiple years," MLB said.

THE ASSOCIATED PRESS

Bad company

The suspensions are thought to be the most at once for off-the-field conduct since 1921, when commissioner Kenesaw Mountain Landis banned eight Chicago White Sox players for life for throwing the 1919 World Series against Cincinnati.

- Others agreeing to 50-game bans included Yankees catcher Francisco Cervelli and outfielder Fernando Martinez; Philadelphia pitcher Antonio Bastardo; Seattle catcher Jesus Montero; New York Mets infielder Jordany Valdespin and outfielder Cesar Puello; Houston pitcher Sergio Escalona; and free agent pitchers Fautino De Los Santos and Jordan Norberto.

Alex Rodriguez speaks at a news conference before the Yankees played the White Sox on Monday. Rodriguez was suspended through 2014 and All-Stars Nelson Cruz, Jhonny Peralta and Everth Cabrera were banned 50 games each.
CHARLES CHERNEY/THE ASSOCIATED PRESS

Guarding his legacy

"I am disappointed with the penalty and intend to appeal and fight this through the process. I am eager to get back on the field and be with my teammates in Chicago tonight."

Alex Rodriguez in a statement on the drug allegations and returning to his team

NFL

QB Kolb leaves Bills camp with death in family

Buffalo Bills quarterback Kevin Kolb has been excused from training camp because of a death in his family.

The team made the announcement Monday, a few hours before the Bills were to hold a scrimmage.

It's unclear whether Kolb would have been able to take part in the scrimmage. He's been listed day to day since hurting his left knee while slipping on a rubber mat during practice Saturday. THE ASSOCIATED PRESS

Bills QB Kevin Kolb GETTY IMAGES

Tennis

Pennetta, Wickmayer open Rogers Cup with wins in Toronto

Flavia Pennetta and Yanina Wickmayer were among the early winners in the first round of the Rogers Cup women's tournament in Toronto.

Pennetta of Italy became the first player through to the second round when she eliminated Urszula Radwanska 6-3, 3-6, 6-2 on Monday, while Belgium's Wickmayer ousted American Bethanie Mattek-Sands 6-4, 2-6, 6-4.

THE CANADIAN PRESS

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NHL

Coyotes staying in desert for now

After years of wandering in the desert, the Phoenix Coyotes' ownership saga appears to be over.

An arena lease out clause could bring into question where they're playing five years from now, but on Monday the NHL finalized the sale of the Coyotes to the IceArizona group led by Renaissance Sports & Entertainment's George Gosbee and Anthony LeBlanc. Approval of the $170-million US sale came from the board of governors, which ended the league's ownership of the beleaguered franchise.

"This was an incredibly complicated deal that didn't get wrapped up quite literally until eight o'clock this morning after pretty much a full weekend of working on it going through the night," LeBlanc said. "No rest for the weary, as they say, and we're jumping right in now."

THE CANADIAN PRESS

Ray's return lifts Milanovich's mood

CFL. Argonauts' starting quarterback set to return for Thursday night's game in Montreal

Ricky Ray is likely to return to his starter's role for the Argos in Week 7. TORSTAR NEWS SERVICE FILE

Football coaches are never going to truly relax during a season. They are all but obsessed with wins and losses and X's and O's and personnel, and there's no way they'll ever be content.

But Scott Milanovich went home Monday night feeling at least a little bit better than he has recently.

Argonaut quarterback Ricky Ray has been cleared to play Thursday night and it's like a security blanket has been provided to the team's head coach.

"Makes it a little easier to sleep at night," the coach said after Ray got through a second practice unscathed. He seems certain to start when the Argos face the Alouettes in Montreal.

While lauding first-time starter Zach Collaros for how he handled the game in Ray's absence, Milanovich's mind is eased by the impending return of a veteran who was off to a great start.

"Ricky's a hall of famer. His last game (a win in Winnipeg) he was 19 for 20 with a drop," said the coach.

"He's one of the best that's ever been in this league.

"Ricky's the guy we wanted. He fits this offence now. He's running it like he's run it his whole life. You see it in practice and you see it in the games. There's just a real comfort level with him in the whole offence."

Ray suffered a strained medial collateral ligament in his left knee in that Winnipeg game. It's the same knee he injured a season ago — costing him a month — and his initial reaction this time was that it was just as severe.

"I thought it was going to be what I went through last year, and fortunately for me it was not as bad," said Ray. "Now, it's getting back used to things and it feels good."

The pivot went through Sunday's practice and was examined by medical staff after. Since he reported no discomfort and there was obviously no further structural damage, he was cleared. TORSTAR NEWS SERVICE

CFL

Als' Richardson finished for 2013

The Montreal Alouettes have lost two-time all-star Jamel Richardson to a knee injury for the remainder of the season. Richardson suffered a torn lateral collateral ligament and anterior cruciate ligament in his left knee during Sunday's practice. THE CANADIAN PRESS

Jamel Richardson is out for the season. THE CANADIAN PRESS FILE

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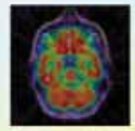

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Horoscopes

♈ Aries
March 21 - April 20
Even the things that don't work out the way you expected today will, in the long-term, bring remarkable benefits. What others see as limits, you see as opportunities — and the rewards will be spectacular.

♉ Taurus
April 21 - May 21
You cannot force people to do things your way if they don't want to. Even if you could, the results would not be what you expected. If you want to get things done, you need to persuade rather than coerce.

♊ Gemini
May 22 - June 21
Today's new moon will make it easy for you to find the words to explain what you are up to in a way that even your rivals and critics will agree is sensible.

♋ Cancer
June 22 - July 23
You have to move in a new direction and you have to get serious about things you merely toyed with before. That is the message of the stars for you today — and that you'll make a lot of money too.

♌ Leo
July 24 - Aug. 23
Today's new moon in your sign challenges you to push beyond your usual limits and accomplish something truly spectacular. Never doubt you have what it takes.

♍ Virgo
Aug. 24 - Sept. 23
Close your ears to criticism today and carry on with what you are doing. The only reason others are giving you a hard time is because they don't want to see you succeed where they have failed. Too bad.

♎ Libra
Sept. 24 - Oct. 23
If you respect others' views, they will respect yours. That's the theory anyway. Today's new moon means there will be plenty of debate taking place. Keep it good-natured.

♏ Scorpio
Oct. 24 - Nov. 22
You can do your career prospects a lot of good today if you face up to some kind of challenge rather than run away from it. Important people are watching you closely, so make sure you shine.

♐ Sagittarius
Nov. 23 - Dec. 21
You don't have to play by the rules. In fact, with today's new moon falling in the most adventurous area of your solar chart the rules might as well not exist — for you anyway!

♑ Capricorn
Dec. 22 - Jan. 20
No matter how much someone tries to intimidate you today, you must not give in. What can they do about it? What matters more than anything now is that you stand up for your rights — and other people's too.

♒ Aquarius
Jan. 21 - Feb. 19
There are times when it is sensible to let others take the lead and this is one of them. A new moon in your opposite sign means the less you interfere, the more you will benefit from others' actions.

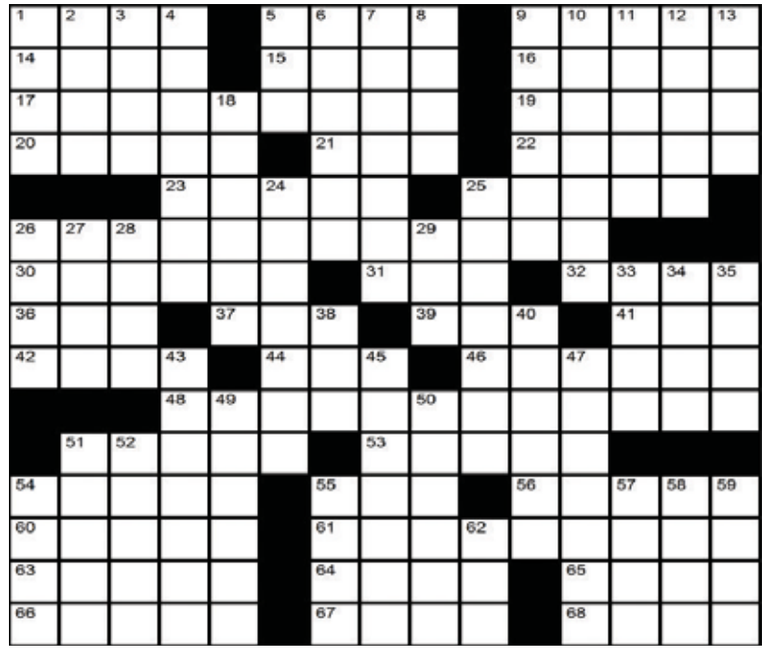
♓ Pisces
Feb. 20 - March 20
You must get organized. Above all, you must pay attention to what's going on around you. Details are always important but rarely more so than now.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Beach castle material
5. Small (partially eaten here) peach-in-colour fruit
9. Attires
14. 0's telephone letters
15. "__ __ the other hand..."
16. Habituate
17. TV talk show sketch on SNL hosted by Mike Myers character Dieter
19. '50s group, Frankie __ & The Teenagers
20. Nary _ __ (Nobody)
21. Sleep some
22. Blood, __ & Tears
23. Full range
25. BC's __ River Hot Springs Provincial Park
26. Museum of __ at the University of British Columbia (tourist attraction which is also a research/teaching institute)
30. Canadian airline with a racoon mascot
31. Rice: French
32. John A. Macdonald, and others
36. Uni + Bi = ?
37. Ink-on-skin pic
39. Eggplant, e.g.
41. One __ customer: 2 wds.
42. Singer Mr. Cooke's
44. Never: German
46. Our Lady Peace hit
48. BC city; or, third in line to the British throne: 2 wds.
51. Pandemonium
53. Fishhook line
54. Heaps
55. Pretzels brand
56. "Why should _ __?"
60. Elliptical path
61. Salary systems: 2 wds.
63. State bordering QC and NB
64. "Woe __ __!"
65. Neytiri, for one, in "Avatar" (2009)
66. "...I thee wed."
67. Russian refusal
68. Loved __ (Cherished people)

Down

1. Baseball's Sammy
2. Smartphone add-ons
3. Fictional detective Mr. Wolfe
4. Rainfall shortage
5. Informally fine
6. Prior-to-the-wedding contract, commonly
7. Shoulder's __ cuff
8. Cartoon guy Gadget's li'l rank
9. Montreal-born actress Jessalyn
10. Besides, variantly
11. Bruce and Demi's actress daughter
12. Wide-ranging
13. Faxed
18. Bordeaux wine
24. Toronto-born actor Rick
25. Cough drop
26. Li'l rental units
27. Ms. Ephron
28. Barbershop request
29. Actress Ms. Tyler
33. Old Roman road
34. Movie director, Nicolas __
35. "The Sweetest Taboo" singer
38. Can
40. Celt's language
43. Avenue in Toronto, also a subway station
45. 'Fumbling Towards __': 1993 Sarah McLachlan album
47. Ash-and-lava mountain
49. Team's player list
50. Digestive aid
51. __ reef
52. Nun's outfit
54. __ Linda, California
55. __ arms (Really angry): 2 wds.
57. Mr. Thicke
58. Dream: French
59. 'Photosynth' suffix
62. Kit

Friday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

8	3	5	6	2	1	4	7	9
9	7	1	3	8	4	6	5	2
6	2	4	7	5	9	1	3	8
4	6	3	1	7	2	9	8	5
7	9	8	5	3	6	2	1	4
5	1	2	9	4	8	7	6	3
3	5	6	4	9	7	8	2	1
1	8	9	2	6	3	5	4	7
2	4	7	8	1	5	3	9	6

5			1		6			3
	1		5		3		2	
		6				1		
		3	8		9	6		
9								1
		7	4		1	9		
		2				7		
	8		6		2		1	
3			9		5			4

Today
23°/18°
Showers
40%

Wednesday
24°/17°
Thunderstorms
80%

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